

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

The Impact of Educational Program based on Pender 's Model on Health Promoting Behaviors in the Elder.

Protocol summary

Study aim

The aim of this study was to determine the effect of educational program based on pender's model on health promoting behaviors in the elderly.

Design

This study was a randomized clinical trial with two groups (intervention and control), pre and post-test design, and not-blinded.

Settings and conduct

This study was conducted on 60 elders people who referred to Emamat and Daneshamouz health Center of Mashhad that were randomly divided into two groups (n = 30).

Participants/Inclusion and exclusion criteria

Inclusion criteria: Over 60 years old. Exclusion criteria: Not attending one of the training sessions.

Intervention groups

Intervention group: in intervention group, was conducted education according to pender's model (4 sessions of 45 minutes) for elder. In this way, the elderly's experiences and feelings about health behaviors are discussed and the benefits and barriers of perception are identified and attempts have been made to create positive self-efficacy, a commitment to conduct health promoting behavior in the elderly. Control group: in control group, was conducted routine education of health center, too.

Main outcome variables

Health Promoting Behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180426039420N1**

Registration date: **2018-05-12, 1397/02/22**

Registration timing: **retrospective**

Last update: **2018-05-12, 1397/02/22**

Update count: **0**

Registration date

2018-05-12, 1397/02/22

Registrant information

Name

Hedieh Behroozfar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-24, 1396/12/05

Expected recruitment end date

2018-04-25, 1397/02/05

Actual recruitment start date

2018-02-24, 1396/12/05

Actual recruitment end date

2018-04-25, 1397/02/05

Trial completion date

empty

Scientific title

The Impact of Educational Program based on Pender 's Model on Health Promoting Behaviors in the Elder.

Public title

The Effect of Education on Health Promoting Behaviors

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Over 60 years old.

Exclusion criteria:

Having a problem, a crisis, or an acute physical and mental illness.

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The patient divided to intervention and control group with simple randomization method.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Mashhad University of Medical Sciences, Vice chancellor for research

Street address

Mashhad University of Medical Sciences, Vice chancellor for research, Ghoraihy Building, University St

City

Mashhad

Province

Razavi Khorasan

Postal code

9784118478

Approval date

2018-02-21, 1396/12/02

Ethics committee reference number

IR.MUMS.REC.1396.777

Health conditions studied**1****Description of health condition studied**

Health Promoting Behaviors

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Health Promoting Behaviors

Timepoint

Before the intervention and the end of first month

Method of measurement

Promoting Lifestyle Profile Health Scale (HPLP-II)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Intervention group: in intervention group, was conducted education according to pender's model (4 sessions of 45 minutes) for elder. In this way, the elderly's experiences and feelings about health behaviors are discussed and the benefits and barriers of perception are identified and attempts have been made to create positive self-efficacy, a commitment to conduct health promoting behavior in the elderly.

Category

Prevention

2**Description**

Control group: in control group, was conducted routine education of health center, too.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Daneshamouz Health Center

Full name of responsible person

Elham Rezaee

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Recruitment center

Name of recruitment center
Emamat Health Center
Full name of responsible person
Nahid Ebrahimi
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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vcresearch@mums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty

Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Hedieh Behrouzfar
Position
Nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The study report published in the dissertation form and article for researcher.

When the data will become available and for how long

The start of access is 6 months after the announcement of the results.

To whom data/document is available

Researchers at university centers

Under which criteria data/document could be used

Data is authorized only with permission from the author of the articles and with the source.

From where data/document is obtainable

Hedieh Behrouzfar, School of Nursing and Midwifery,
Contact Number: 00989151596514, Email:
Behrouzfarh2@mums.ac.ir

What processes are involved for a request to access data/document

After submitting a request, the request is reviewed and, if the request is accepted, is answered within 1 month.

Comments